

VITAL SIGNS

VOL VI No. 11

Naval Hospital, Orlando, Florida

1 October 1983

29 September -

A happy day for 5 LT's



LT Lisa Cathey, MSC, with CDR Pratt
and CAPT Herr.



LT Kathleen Thorp, NC, with her hus-
band, LT Owen Thorp, and CAPT Herr.



LT Pamela Fye, NC, with CDR Sparks
and CAPT Herr.



LT Rebecca McCormick, NC, with LT
Smith and CAPT Herr.



LT Teresa Dieckhoff, NC, with LCDR
Colvin and CAPT Herr.

RIF Optical rates a "Well Done!"



The staff of RIF Optical received a Letter of Appreciation from the Commanding Officer on 23 August. The letter was for outstanding performance in performing a massive Slit Lamp Examination Program for the students of the Naval Nuclear Power School. The examinations were conducted on two consecutive Saturdays to accomplish the task without disrupting the training program of the students. Pictured with Captain Herr and Captain McClurkan, left to right, front row: HM1 Thomas Inman, HM1 Patrick Ferguson, HM2 Pamela Paige, HM2 Gerald Griffin, HM1 William Shockey, and LT Dennis Wagner, MSC. Back row: HM1 Brad White, HM1 Stephen Pycles, HM2 Garry Briscoe, LT Stephen Zorn, MSC, and HM1 John Reed. U.S. Navy Photo

American Red Cross



Volunteer Hours

for August

2092

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Whooooizzit?



Do you know this staff member? The answer is on Page 12.

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Commanding Officer: CAPTAIN A. HERR, DC, USN
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**Vital
Signs**

STETH - O - SCOOP

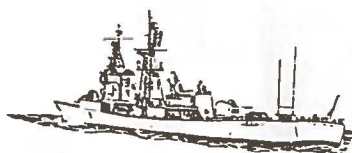
By HM1 Bogan McQuigg, USN



If you had the chance to name a Navy ship . . . ?



Helen Poston, Orthopedics: "The USS BLUE DOLPHIN. I visited the Island of Crete and was so impressed by the ruins - dolphins have remained in my mind ever since."



CAPT Petit, Chief, Laboratory Service: "The USS BON HOMME RICHARD. It would rejuvenate the American spirit in the persona of John Paul Jones."



HMC Francis Moore, Out-patient Administration: "I would name a CVN the USS ABRAHAM LINCOLN. He did more for this country than any other President!"



CAPT Gay, Chief, Dermatology Service: "USS BOB HOPE -- for his contribution to the Servicemen."



Diana Woodrum, ENT: "The USS JIM BOWIE.... his determined spirit to fight to the last at the Alamo, made an indelible mark in American history."



HMC Chris Swan, Patient Affairs: "USS CONGRESS. Then we could watch and see if its budget and appropriations would be cut!"

Staff Journal

Boot Chiefs as of 16 September



Chief Thomas Whyte received his collar insignia from his wife, Patty, and CAPT Herr.



Chief Fredrick Husen received his collar insignia from his wife, Loretta, and CAPT Herr.



Chief Frank D. Adgate received his collar insignia from CDR Pratt and CAPT Herr. CAPT McClurkan holds the certificate of appointment.



Chief Patricia Johnson received her collar insignia from her husband, LTJG Thad Johnson, and her father, Mr. Larry Pluta. Mrs. Delores Pluta proudly approves. Chief Johnson's parents flew in from St. Paul, Minnesota.

New 2nd Class



Captain Herr tacks on new 2nd Class stripe for Timothy Hill, Alcohol Rehabilitation Service. Captain McClurkan was the witness!

Departure



On 31 August, CAPT Herr presented a Letter of Commendation to CDR Phillip T. Riley, Chief of Pharmacy Service, on his departure for duty at the Naval Aerospace Regional Medical Center, Pensacola.

Presentations



CAPT McClurkan congratulates HM2 Lorraine Brown on receiving the Navy Achievement Medal for performance of duty with Commander in Chief, PACFLT.



Letter of Commendation for LT Allan Gross, MSC, accompanied by wife, Anita, and son, Matthew.



Letter of Appreciation for HM2 Michael Stemmerman.



Letter of Appreciation for HM3 Robert Parkinson.



Letter of Appreciation for LT Patricia Shustock MSC.



Meritorious Unit Commendation for HM3 Steven Hohn for duty with Patrol Squadron 24.



Letter of Commendation for HM2 Patricia Burruss.



Eighth Good Conduct Award for HMC Robert Clements, C/MC.



CAPT McClurkan with the personnel who received their First Good Conduct Medals: HM2 Patricia Burruss, HM3 Andrew Early, HM3 Rosetta Blanton, and DN Bradford Launs.



CAPT McClurkan and Master Chief Clements with the other Good Conduct Awardees: HM1 Patrick Ferguson, 3rd Award; HMC Francis Connor, 5th Award; and HM2 Andrew Hairl, 2nd Award.

Vital Signs visits — Pharmacy Service

If you are looking for a place where the action is, then stop by and visit the Pharmacy sometime. We provide outpatient pharmaceuticals for the large, eligible, population in the Orlando area, along with full inpatient pharmacy services. We not only staff the main pharmacy here in the hospital, but we have two others: one at the Hospital Annex and one at the NTC Annex. The main pharmacy often fills over 2,000 prescriptions a day!

Inpatient pharmaceuticals are provided seven days a week utilizing the unit dose drug distribution system. Intravenous solutions, including hyperalimentation solutions, are prepared in the pharmacy utilizing state-of-the-art aseptic techniques.

The pharmacy staff is proud of its accomplishments in providing high quality pharmaceutical services and of being a vital support function of the Naval Hospital Orlando team!



CDR Richard D. Riesenhuber, MSC, USN
Chief of Pharmacy Service



Pharmacy Officers: CDR Coy B. Lane, MSC,
(on left) and LT Ernest D. Rotman, MSC.
Not pictured: LT Melvin L. Maxwell, MSC.



HM2 Virginia Mehlert,
HM2 Patricia Burruss,
(in middle) and HM3
Michael Grant.

HM3 George Zeller, HN
Paul Anderson (in the
middle) and HN Michael
Boddie.



Leading Chief Dana McGowan and
HM3 Eric Luhtanen.



Deborah Ratliff and HM2 Raghavendra Parvatikar.



Lee D. Olson (on left) and HM2 James M. Reich.



HN Fredrick Hockey



William Holden.



Left to right: HM3 Karl T. Kelly, HMI Ruth Randolph, and Stuart Jester.



HMI Charles Mathis and HMC David Rich of the Annex Pharmacy. Not pictured: HM2 Michael Hodgson.



HMC Randolph Griswold of the NTC Annex Pharmacy.



CHAPLAIN'S COMMENTS

By LT James L. Doss, CHC, USNR

To give is to receive

An old Chinese proverb proclaims a beautiful truth: "Flowers leave a part of their fragrance in the hands that bestow them."

This could be called a law of life, for in a very real sense we retain a part of whatever we give, whether good or evil. Those who bestow blessings upon others are the persons who are blessed. To give a sincere compliment makes the one who gives it, feel a new sense of personal worth. The one who expresses appreciation finds an inner sense of cleanness and encouragement. The one who points out the goodness in others, experiences inner purity. The one who learns to give joyously and freely to others, finds inner resources of joy never known to the selfish. And the one who looks upon others with love, is a lovely person in the eyes of others, regardless of one's physical appearance.

You cannot give flowers, or love, or kindness, without some of the fragrance remaining with you. Let us concentrate on giving flowers. Our world, our community, our neighbors, and our families all love the fragrance.

Retirement



LCDR Gary Dumais, MSC, Chief of Food Management Service, escorts his wife, Juliette, thru the sideboys to conclude his retirement ceremony on 2 September.



NURSING SERVICES



Column Coordinator:

LT Joyce E. Drescher, NC, USN

School days, School days

Summer is drawing to a close. Fall is just around the corner. This is the season to think about cooler weather, football games, holidays and school.

Why think about school? Mainly, because of the increased standards of nursing that are requiring higher educational levels. It is not just the military, but the profession in general. Procrastination is frequently the means of delaying the return to school. "It is impossible. I rotate shifts." "I don't have enough time." "It's too expensive." These are invalid excuses that support our procrastination. Work and time schedules can usually be arranged if it is convenient to your area. Partial education reimbursement is available through Educational Services at PSD.

Another alternative is "duty under instruction." Applications must be submitted and received by HSETC by 15 November. Prior to applying for duty under instruction, these requirements should be completed.

1. Discuss your plans and goals with your Director of Nursing and Coordinator.
2. Notify your detailer that you plan to apply for school.
3. Obtain transcripts from all the schools previously attended.
4. Complete the educational prerequisites for admission to the schools to which you wish to apply.
5. Apply to more than one School of Nursing. If possible, secure a letter of acceptance to a school.

Continued education is important to each individual's personal and professional growth. The opportunities are available. Don't delay!

See you in class!

Former Director of Clinical Services

CAPT W. J. Schefstad retired 28 September



Invocation - Chaplain Doss



Certificate for Mrs. Schefstad



Naval Hospital Plaque



Navy Commendation Medal



Remarks



Remarks from Captain Fout



Piped ashore



Remarks from Captain Herr



Reception



Departures



Captain Herr presented a Letter of Appreciation to LCDR Barbara Fieldman, MSC, Dietitian, Food Management Service, on 28 September, her last day in the Navy.



Captain McClurkan presented a Letter on Appreciation to LCDR David LeFort, NC, Family Practice Clinic, on 29 September. LCDR LeFort transferred to the Naval Hospital, Guantanamo Bay.



On 30 September, Captain Herr and Captain McClurkan presented Victoria Barbelet a Letter of Appreciation on her departure from Data Processing and Orlando.

Would you believe one year?

ARS Celebrates



On 13 September, Alcohol Rehabilitation Service celebrated their First Anniversary. Captain Boorstin, Chief of Service, and Janet Jowers, Director, proudly extolled the first year accomplishments.

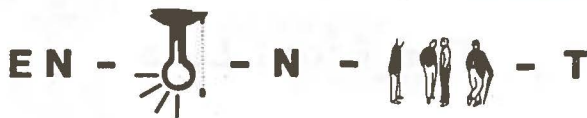


Captain Herr congratulates ARS staff

Reenlistment



On 26 September, HM3 Donna Lema, Patient Affairs, was reenlisted by LTJG D. L. Mitts, MSC, Acting Chief, Patient Affairs Service.



Column Coordinator: ENS S. E. DuLac, MSC, USN

Passive Inhalation?

No way!

"But honest, Sir, I wasn't actually smoking it. See, I was at this party, you know, and everyone else there was smoking and, actually, it - the smoke, you know - just got into my body!"

Sorry, Sailor, your defense just went up in smoke! Trying to beat a positive urinalysis finding for marijuana by claiming "passive inhalation" isn't going to make it these days.

Based on a National Institute on Drug Abuse Contracted Study, passive inhalation of enough marijuana smoke to register a positive finding in a urinalysis test is highly questionable. The research, performed by Dr. Mario Perez-Reyes, University of North Carolina School of Medicine, was conducted in three different settings. The first setting involved four smokers and two non-smokers confined in a small, unventilated room. In the second setting, all subjects were confined in an automobile. In the third segment of the study, the results of repeated non-smokers' exposure to marijuana smoke were examined to determine whether the drug would accumulate in their bodies and be detectable in their urine. ALL NON-SMOKER URINE SAMPLES GAVE NEGATIVE RESULTS WHEN TESTED.

Additionally, all Navy laboratory equipment is set at confirmation cutoff levels double the highest probable nanogram per milliliter detection levels for passive inhalation as estimated by the White House Board of Scientific Advisors on Drug Abuse. Because of the facts presented by the Perez-Reyes Study, DOD HAS A STATED POLICY THAT PASSIVE INHALATION IS NOT AN ACCEPTABLE DEFENSE IN A POSITIVE URINALYSIS.

CAREER COUNSELOR'S CORNER



HM1 Patricia M. Johnson, USN

Swaps

There are occasions when the assignment of an individual to a specific area would be highly beneficial to the individual from a morale standpoint, but not justifiable in view of the expenditure of government funds required.

In yet another effort to assist personnel in getting the duty assignment they desire, NMPC has established the Exchange of Duty Program (NMPC/Self-negotiated).

Basic requirements are:

- personnel must have completed 9 months on board present command prior to submission and 12 months prior to transfer.
- personnel must not be in receipt of orders.
- personnel must be of the same rate, rating, NEC and serving on the same type of duty.
- no history of repeated disciplinary offenses and appropriate evaluations.

Requests for NMPC Negotiated Swaps will be submitted by letter via your CO. NMPC will place your request on a list and monitor it to determine matching requests. When a feasible exchange is located, it will be sent to your detailee for final determination. If no match is found in 6 months, your request is removed from the list.

It is not the intent of the Exchange of Duty Program to preclude individuals from negotiating their own exchanges. Any individual, who has identified a peer desirous of a mutual exchange of duty, may request a self-negotiated exchange of duty. I frequently receive letters from personnel at other commands looking for a "swap to Orlando!"

One thing you must keep in mind, is that a swap is at no-cost-to-the-government and that you must bear all expenses involved.



LAB LINE

CAPT P. E. Petit, MC, USN

The Front Line

By HMC Mickie Johnson, USN

Another !*%&?!% inspection?

Just when we were beginning to give a sigh of relief after the JCAH inspection, we find ourselves involved in preparing for yet another inspection! The Laboratory is, without a doubt, the most heavily inspected, dissected, surveyed, and reviewed operation of any in the hospital. We are now preparing for our re-accreditation inspection by the College of American Pathologists (CAP). This year is going to be even more involved than in the past as we are asking for independent accreditation of the laboratories at the Hospital Annex, the one at the Family Practice Clinic, NTC Annex, and the Internal Medicine's Blood Gas lab. The CAP is the major accrediting agency for laboratories in this country and has extremely stringent standards. There are over 2,000 questions on items of performance to be reviewed on the inspection checklists. They leave no stone unturned, and sometimes make you think that they get paid based on the number of things that they can find wrong. After we get through the CAP inspection, we can start to get ready for the American Association of Blood Banks (AABB) inspection. Then, after that, we can worry about the Bureau of Biologics of the Food and Drug Administration (FDA) -- they are the ones who give us the license to produce blood products for transfusions. The FDA inspection is an unannounced, surprise inspection. So far, we don't have any state inspections, although the State of Florida Public Health Service could inspect our premarital serology testing since they accept our results for marriage licenses. We haven't heard from Orange County or the City of Orlando, but we stand ready in case they want to inspect us too!

Patient Care

In my role as the Patient Contact Representative, I have learned a very interesting thing about human behavior. A few patients will: scream and holler, act hostile, make unrealistic demands, get angry over anything, and, sometimes, aren't even sick at all when they come to sick call! It is very unfair to categorize the majority of patients we serve by these few. It is essential that assistance provided truly reflects the spirit of "caring" for which the Navy Medical Department stands. Personnel, who are at points of initial patient contact, play a crucial role in conveying the feeling that Navy medicine is there to help the patient. Some DO's and DON'Ts would be:

- DON'T leap to conclusions - listen to what the patient is saying.
- DON'T allow personal reactions and prejudices to affect your judgment.
- DON'T respond to the situation by being hostile in return - be kind.
- DON'T give the patient the run-around.
- DON'T tell the patient what he/she wants to hear - DO give the best information you can offer.
- DON'T let verbal or nonverbal communications indicate that you just don't want to be bothered.

If personnel manning critical patient contact points presented a courteous, positive and knowledgeable attitude, an attitude which reflects a genuine concern for the patient, patient complaints would be minimal.

Put "caring" back into your patient care! Once a young recruit told me, "I am just a recruit." I responded by saying, "You're wrong. When you walk through the doors of any Navy medical facility, you become the most important person in the Navy -- THE PATIENT!"





Master Shipwreck

HMCM(SS) R. C. Clements, USN

208th Navy Birthday

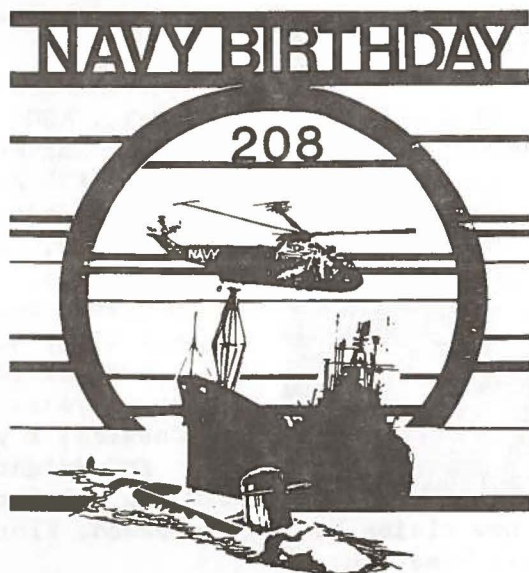
The United States Navy was officially established 13 October 1875. Since that time, men and women have served with distinction and honor. From the days of sailing ships to today's modern nuclear Navy, it's still manpower that causes ours to be the finest Navy in the world! Each of us can be proud of what we contribute to this heritage.

The men and women, who are a part of today's Navy, are highly trained in the latest technology. We are limited only by our own initiative and desire to succeed. There is unlimited potential for education, advancement and job satisfying experiences. It's there waiting for you.

I do not advocate that everyone stay in the Navy, but I do recommend that everyone prepare to stay in the Navy. In so doing, you become a better member of society, either in the Navy or in civilian life.

As we celebrate the 208th Birthday of our Navy, think of how you can contribute. **STAND UP AND BE COUNTED!**

Happy Birthday, Shipmates!



Command Master Chief Feature

Meet another of our Enlisted Advisors



HMC Husen

HMC Fredrick Husen, Leading Chief Petty Officer, Physical Examination Department, Hospital Annex, is the Enlisted Advisor for 14 junior enlisted personnel. Chief Husen reported to the Hospital on 12 November 1982. He is married and he and his wife, Loretta, have one son, Fred, 16 years old.

The following personnel are assigned to Chief Husen: HN D. E. Frett, HM3 K. E. Fryback, HN E. M. Gamboa, HM3 C. R. Gibson, HR C. B. Barber, HM1 W. Lovelady, HN R. Posey, HN D. N. Ober, HN D. P. Miller, HN S. Batir, HA W. R. Reynolds, HN C. C. Minkowski, HA L. D. Chambers, and HN C. R. Schoonover.

Retirement



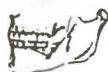
On 2 September, Robert Byrd, Food Management Service, received a Letter of Commendation from LCDR Dumais and his retirement certificate from CAPT Herr.

Just

A

Word from the
Skipper

CAPT A. Herr, DC, USN



CRA

NOTES



By Dianna Bates

PRIDE AND PROFESSIONALISM -

Looking squared away

Are these just words to you....or do you live by them? Are you the best that you can be? Does this "best" extend to your uniform, your personal grooming and overall appearance?

We, the Medical Team of Naval Hospital Orlando, must, and shall, set the example for all others. We care for and tend the ill, sick, and injured; in doing so, we must remember that first impressions are visual and generally lasting. Is your uniform clean? Neatly ironed? Ribbons clean? Now take a cold, truthful, long look at yourself ... are there a few pounds to lose to make the uniform fit better? Is your hair clean? Does it conform to regulations?

Remember, in our profession, we do, indeed, "get close to people." Can you pass the closeness test? Would you want to be next to or even treated by you?

Be as proud of yourself as you expect others to be of you. We, the team of Naval Hospital, Orlando, know we are great! So, let's keep our best foot forward!

Are you a Magic Kingdom Club Member?

Now you can get a two-day ticket for Walt Disney World, available exclusively for Club members, starting 9 October. The ticket is good for one day at EPCOT and one day at the Magic Kingdom - unlimited use of attractions.

Membership cards are available for the civilians at Civilian Personnel Office, and for the military at ITT.

Civilian Captain's Call

This one is really a "Hail and Farewell!" we're hailing Captain Herr and Captain McClurkan and saying farewell to Captain and Mrs. Fout. Mark your calendar for 1400, 25 October, to be on hand in the Hospital Dining Facility. All civilian employees are encouraged to attend.

CRA BIRTHDAY GREETINGS TO: Lowe Chauncey on 1 Oct; Lawrence Jackson, Robert Imel, Emily Pirtle and James Wilson on 4 Oct; William Giba on 6 Oct; Deborah Ratliff on 8 Oct; Catherine Davidson on 10 Oct; Lucretia Carter, Harriette Cuthrell, and Gail Duncan on 13 Oct; Roger Woodrum on 14 Oct; Margaret Castrianni on 17 Oct; Lois Ziglar on 19 Oct; Mary Davis on 20 Oct; Jane McCrea on 21 Oct; Robert Waldron and Jerome Walker on 22 Oct; Francis Mananke and Catherine Bottelman on 24 Oct; Richard McGuire, James McIntyre, and Kay Slack on 27 Oct; Johnnie Johnson and Tamora Sombelon on 29 Oct; and Linda Hill on 30 Oct.

ENERGY AWARENESS WEEK

24 - 30 October

**"Fuel for the Fleet -
Every Drop Counts"**

WHOOOIZZIT

It's ENS Robert S. Wright, MSC, USN, Assistant Chief, Operating Management



Service. ENS Wright reported aboard from OIS, Newport, RI, on 22 April 1983. He is married and he and his wife, Susan, have two children: Joshua, 6 years old, and Jessica, 2 years old. ENS Wright was born in California,

but now claims Ft. Walton Beach, Florida, as his hometown.